



# ASU Catering

*Decidedly Green Spring 2018 Menu*



DECIDEDLY GREEN CATERING IS COMMITTED TO MAKING ENVIRONMENTALLY AND SOCIALLY RESPONSIBLE DECISIONS IN ALL ASPECTS OF OUR SPECIAL EVENT AND CATERING SERVICES. WE ARE PLEASED TO OFFER A SEASONAL MENU AND CONTINUALLY STRIVE TO SOURCE LOCALLY, REDUCE WASTE, AND MINIMIZE OUR IMPACT ON THE EARTH.

### LOCAL FOOD

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ASU CATERING WORKS WITH A VARIETY OF ARIZONA GROWERS IN AN EFFORT TO SUPPORT OUR LOCAL ECONOMY AND BRING FOOD FRESH FROM THE FARM TO YOUR FORK.

### LOCAL GROWERS

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ABBY LEE FARMS, ARIZONA SPROUTING, ASU CAMPUS HARVEST, BLUE SKY FARMS, HICKMAN'S FAMILY FARMS, HERBCO, LAURA'S GRANOLA, NATURESWEET, QUEEN CREEK OLIVE MILL, ROSIE'S BAKERY, ROUSSEAU FARMS, SHAMROCK FARMS, SUN ORCHARD JUICERY, TAYLOR FARMS, UNITED DAIRYMEN OF ARIZONA, TEPA, TUCSON TAMALES, AND WILCOX GREENHOUSE.

### USDA CERTIFIED ORGANIC

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INDICATES THAT FOOD WAS GROWN WITHOUT USE OF MOST SYNTHETIC FERTILIZERS AND PESTICIDES, AND THAT IT IS FREE OF GENETIC MODIFICATION AND IRRADIATION.

# GREEN GLOSSARY



## MONTEREY BAY SEAFOOD WATCH

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BEST CHOICES – SEAFOOD THAT IS WELL MANAGED AND CAUGHT OR FARMED IN WAYS THAT CAUSE LITTLE HARM TO HABITATS OR OTHER WILDLIFE. FOR MORE INFORMATION, PLEASE VISIT [WWW.SEAFOODWATCH.ORG](http://WWW.SEAFOODWATCH.ORG)

## AMERICAN HUMANE CERTIFIED

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THIS PROGRAM PROVIDES THIRD-PARTY, INDEPENDENT VERIFICATION THAT CERTIFIED PRODUCERS' CARE AND HANDLING OF FARM ANIMALS MEET SCIENCE-BASED ANIMAL WELFARE STANDARDS.

## LOCAL CAGE FREE EGGS

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LOCAL CAGE FREE HENS ARE ABLE TO SPREAD THEIR WINGS AND MOVE AROUND FREELY.

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Please contact our catering office to plan your next event. In addition to the items listed in this brochure, we would be happy to help identify and provide sustainable service items and tips for your green event. All offerings listed require 72 hour advanced notice for preparation. All items are available for 12 guests or more.



## BREAKFAST

### BREAKFAST

*All Breakfast options are served with cage free eggs, option of egg whites, local Sun orchard orange juice and Starbucks Organic Serena Blend Coffee and hot tea.*

**RISE & SHINE CONTINENTAL \$12.69**  
 cage free scrambled eggs 180 cal/4 oz. serving  
 seasonal or organic sliced fruit 35 cal/2.5 oz. serving  
 organic stoneyfield yogurt 200 cal/4 oz. serving  
 local granola 200-230 cal/4 oz. serving  
 rosies bakery assorted pastries and whole wheat muffins 80-240 cal each  
*Includes appropriate condiments*

**MORNING GLORY BUFFET \$15.09**  
 cage free scrambled eggs 180 cal/4 oz. serving  
 potatoes o'brien 130-150 cal/3 oz. serving  
 natural bacon or 40 cal each  
 tepa plant based chorizo or 230 cal/3 oz. serving  
 rosies bakery biscuits with local honey & jam 350-460 cal each  
*Includes appropriate condiments*

**MESQUITE BUFFET \$15.09**  
 vegetarian whole wheat mesquite pancakes with campus harvest date syrup 150-200 cal per 2 each  
 pancakes 210-260 cal/2 oz. serving  
 syrup  
*Includes*  
 cage free scrambled eggs 180 cal/4 oz. serving  
 seasonal fruit 35 cal/2.5 oz. serving  
*Includes appropriate condiments*

### SUNRISE BUFFET \$15.09

*please select one*

tofu scramble with local seasonal vegetables (vegan) 50-100 cal/3 oz. serving  
 basil tomato frittata with spicy tomato sauce (vegetarian) 150-200 cal/3 oz. serving

*Includes*

cage free scrambled eggs 180 cal/4 oz. serving  
 shredded hash browns 130-150 cal/3 oz. serving  
 zucchini bread or banana nut loaf 165-350 each or 165-380 each

*Includes appropriate condiments*

### A LA CART ADDITIONS

*priced individually per item*

soy milk (60-80 cal/8 oz. serving) \$2.29  
 kind bar (170-200 cal each) \$2.59  
 shamrock farms 2% milk (140 cal/8 oz. serving) \$2.29  
 seasonal fruit organic yogurt parfait (440 cal each) \$6.39  
 seasonal fruit salad (35 cal/2.5 oz. serving) \$3.79  
 mini cage free spinach mushroom frittata (140-180 cal each) \$2.69  
 pico de gallo and salsa fresca (0 cal/2 oz. serving) \$1.79  
 build your own oatmeal bar (150-200 cal/8 oz. serving) \$3.99

## FARMERS BUFFET



### FARMERS BUFFET

*Includes: Rolls, Iced Tea, and Infused Water as well as a Southwestern Salad with Romaine, Pico, Cojita Cheese, Salsa and Ranch; and an Orange Jicama Salad with Romaine, Jicama, Oranges, and Cilantro Lime Vinaigrette*

whole wheat rolls 110 cal each  
iced tea 0 cal/8 oz. serving

#### INFUSED WATER

lemon infused water 0 cal/8 oz. serving  
orange infused water 10 cal/8 oz. serving  
apple infused water 20 cal/8 oz. serving  
cucumber infused water 10 cal/8 oz. serving  
grapefruit infused water 10 cal/8 oz. serving

#### SOUTHWESTERN SALAD

romaine, pico, cojita  
cheese, salsa and ranch 120-160 cal/4 oz. serving

#### ORANGE JICAMA SALAD

romaine, jicama,  
oranges, cilantro  
lime vinaigrette 100-150 cal/4 oz. serving

### ENTRÉE SELECTIONS

*please select one*

**TEPA HAND CRAFTED PLANT-BASED SUSTAINABLE PROTEIN TACO WITH LETTUCE, PICO DE GALLO, SALSA FRESCA ON A HARD CORN SHELL, SERVED WITH RICE AND BEANS (VEGAN) \$14.29**

tepa taco 250-300 cal/2 taco shells with tepa  
rice 110 cal/4 oz. per serving  
and beans 90 cal/4 oz. serving

**ROASTED ACORN SQUASH STUFFED WITH RAISINS AND RICE, TOPPED WITH SHREDDED MOZZARELLA CHEESE SERVED WITH GRILLED SWEET POTATOES (VEGETARIAN) \$13.29**

roasted acorn squash 175-225 cal/4 oz. serving  
grilled sweet potato 125 cal/4 oz. serving

**CHIPOTLE ORANGE ROASTED CHICKEN SERVED WITH TOASTED CUMIN BEANS AND SEASONAL LOCAL STEAMED VEGETABLES \$18.09**

chipotle orange  
roasted chicken 440-460 cal/6 oz. serving  
beans 110-150 cal/4 oz. serving  
steamed vegetables 100-130 cal/4 oz. serving

**SPAGHETTI SQUASH PASTA WITH A SPICY TURKEY ARRABIATA SAUCE AND BROCCOLINI \$13.99**

spaghetti squash  
with turkey arrabiata sauce 380-410 cal each  
broccoli 50-100 cal/4oz. serving



## FARMERS BUFFET

### DESSERT SELECTIONS

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*please select one*

- campus harvest seville 310-370 cal each
- orange mesquite bars 310-370 cal each
- campus harvest date bars 310-370 cal each
- rosie's bakery vegan brownies 250 cal each
- rosie's vegan zucchini bread 165-350 cal each

### Campus Harvest



#### Location: ASU Campus Tempe & Polytechnic

We are proud to offer menu items with edible landscaping grown on the ASU campus harvested by students and volunteers. Two of the most abundant crops are Medjool Dates and Seville oranges. We have used these ingredients to serve delicious items such as date bars, Seville orange vinaigrettes and "Devil-ade".



## SIGNATURE SANDWICH



### SANDWICH BUFFET \$17.39

*Includes: your choice of 3 sandwiches, local greens salad with balsamic dressing, sonoran caesar, organic iced tea, infused water & choice of dessert*

local greens salad with balsamic dressing	50 cal/3.5 oz. serving
sonoran caesar with chipotle dressing	120-160 cal/4 oz. serving
organic iced tea	0 cal each

### INFUSED WATER

lemon infused water	0 cal/8 oz. serving
orange infused water	10 cal/8 oz. serving
apple infused water	20 cal/8 oz. serving
cucumber infused water	10 cal/8 oz. serving
grapefruit infused water	10 cal/8 oz. serving

### BOXED LUNCHES \$13.89

*Includes: your choice of 3 sandwiches, 1 dessert, and quinoa salad; reduce waste at your next event with reusable to-go containers*

quinoa salad	110/3.5 oz. serving
<i>add beverages to your boxed lunch</i>	
bottled water (0 cal each)	\$2.19 each
bottled tea (0 cal each)	\$2.19 each

### SANDWICHES

**TURKEY WRAP** 490 cal each  
american humane certified smoked turkey rolled with lettuce, tomato, arugula and swiss cheese, finished with a cilantro campus harvest seville orange aioli in a honey wheat wrap

**CHICKEN TORTE** 560 cal each  
all natural chicken with southwestern seasoning layered with refried beans, pico de gallo, shredded lettuce, and cojita cheese all on a ciabatta roll

**DILL SALMON SALAD SANDWICH** 520 cal each  
sustainably sourced salmon blended with local dill, mayonnaise, and onion placed on a fresh focaccia bread with lettuce and tomato

**VEGETARIAN FALAFEL** 420 cal each  
whole wheat pita pocket filled with local cucumber, vine ripe tomato and locally produced falafel patties, finished with lemon cucumber yogurt sauce

**VEGAN PORTABELLO SANDWICH** 360 cal each  
balsamic grilled portabello lightly seasoned with caramelized sweet onions, lettuce, and our house vinaigrette served with fresh ciabatta

### DESSERTS

*please select one*

- seasonal fruit salad (35 cal/2.5 oz. serving)
- campus harvest orange mesquite bars (310-370 cal each)
- campus harvest date bars (310-370 cal each)
- rosie's bakery vegan brownies (250 cal each)



## BENTO BOXES

### BENTO BOXES \$8.99

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*please select one*

#### MEDITERRANEAN BOX

pesto chicken salad	150-200 cal/3 oz. serving
gf crackers	50-80 cal/1 oz. serving
grilled vegetable and olive salad with balsamic dressing	175-225 cal/3 oz. serving
red and green grapes	35-65 cal/3 oz. serving

#### VEGETARIAN BOX

baked gf corn tortilla chips	40-70 cal/1 oz. serving
salsa fresca bean dip	165-195 cal/3 oz. Serving
grilled corn and green chili salad	80-110 cal/3oz. Serving
pineapple with chili mango sauce	90-120 cal/3oz. Serving

#### VEGAN BOX

quinoa salad	90-120 cal/3 oz. serving
crudité with hummus	50-80 cal/3 oz. serving
sea salted edamame	125-180 cal/3 oz. serving
fruit salad	70-100 cal/3oz. Serving

*add beverages to your boxed lunch*

bottled water (0 cal each)	\$2.19 each
bottled tea (0 cal each)	\$2.19 each



## LOCAL SONORAN BUFFETS



### TAMALE BUFFET \$15.49

*Includes choice of two tamales, Campus Harvest Seville Orange Jamaica water, and Cinnamon Crisp Dessert*

#### TAMALE SELECTIONS

vegan blue corn tamale, vegetarian green corn tamale or pork and cheese tamale served with hot spanish rice, spiced black beans, salsa and sour cream.

cinnamon crisp	150-175 cal/1.25 oz. serving
orange jamaica water	50 cal/8 oz. serving
spanish rice	130 cal/3 oz. serving
black beans	110 cal/3 oz. serving
salsa	20 cal/2 oz. serving
sour cream	60 cal/1 oz. serving

*please select two:*

vegan blue corn tamale	261 cal each
vegetarian green corn tamale	235 cal each
pork and cheese tamale	376 cal each

### TEPA ENCHILADA BUFFET \$16.49

*Includes Tepa-Enchiladas, Campus Harvest Seville Orange Jamaica water, and Cinnamon Crisp Dessert*

*Tepa Plant-Based sustainable protein enchilada in a yellow corn tortilla with hatch chilies finished with a green sauce and pico de gallo*

cinnamon crisp	150-175 cal/1.25 oz. serving
orange jamaica water	50 cal/8 oz. serving
Enchiladas	190-230 cal/2 each
roasted corn and squash	90-105 cal/4 oz. serving
lettuce	10-20 cal/1 oz. serving
salsa	20 cal/2 oz. serving
sour cream	60 cal/1 oz. serving





## PLATTERS AND TRAYS

### PLATTERS AND TRAYS

*regular serves up to 35 guests; large serves up to 50 guests*

#### MEDITERRANEAN TRAY

\$92.39 regular \$115.59 large

feta cheese, rolled prosciutto, queen creek olives, local roasted sweet red peppers, and baba ghanoush with pita chips and grilled asparagus (200-230 cal/3 oz. serving)

#### VEGAN PLATTER

\$84.39 regular \$106.79 large

super protein hummus, grilled tofu with peanut sauce, garlic edamame, vegan local lettuce wraps and vegetables (140-190 cal/3 oz. serving)

#### LOCAL TAMALES TRAY \$135.29 large

*please select one*

vegan blue corn tamale	261 cal/each
vegetarian green corn tamale	235 cal/each
pork and cheese tamale	376 cal/each

salsa duet and sour cream (60-80 cal/2 oz. serving) \$1.50 per person

## Queen Creek Olive Mill



**Location:** Queen Creek, AZ

**Distance:** 35 miles from ASU

A family-owned olive mill that grows and presses olives for production of high quality extra virgin olive oil. Their olive groves sit at the base of the San Tan Mountains in an area known for its fertile soil.



## HORS D'OEUVRES



### HORS D'OEUVRES

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*priced per dozen*

vegan soyrito chipotle agave ball  
(90-110 cal/1 oz. serving) \$23.49

southwestern vegetable empanada  
(90-130/1 oz. serving) \$26.69

vegetable satay with tepa hummus  
(90-130 cal/1.5 oz. serving) \$26.69

artisan cinnamon bread with local honey and fruit chutney  
(190-270/3 oz. serving) \$15.39

cucumber cup with tomato basil bruschetta and feta  
(100-110 cal each) \$18.09

tepa satay with pesto sauce (90-105 cal each) \$27.79

parmesean artichoke hearts (140-190 cal each) \$27.79

blue cheese cauliflower buffalo dip shooter with crudite  
(170-220 cal/3oz. serving) \$24.99





## BEVERAGES

### BEVERAGES

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*serves 12 guests per gallon*

starbucks organic serena blend coffee  
(0 cal/8 oz. serving) \$26.99

hot tea (0 cal/8 oz. serving) \$26.99

iced tea (0 cal/8 oz. serving) \$19.09

campus harvest "devilade" (40 cal/4 oz. serving) \$12.79

iced water (0 cal/8 oz. serving) \$4.19

#### INFUSED WATER \$5.39

lemon infused water	0 cal/8 oz. serving
orange infused water	10 cal/8 oz. serving
cucumber infused water	10 cal/8 oz. serving
ginger peach infused water	15 cal/8 oz. serving
cucumber basil infused water	0 cal/8 oz. serving

## Sun Orchard



**Location: Tempe, AZ**

**Distance: 3 miles from ASU**

Sun Orchard has been producing orange juice from Arizona grown oranges for over thirty years. Focused on providing local juice to market, the company also has extensive sustainability programs focusing on waste stream management, water and energy conservation, reduction of emissions and more environmentally friendly packaging.



## DESSERTS



### DESSERTS

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*priced per dozen*

- rosie's bakery vegan brownies (250 cal each) \$20.59
- campus harvest date bars (310-370 cal each) \$20.29
- vegan snickerdoodle cookies (168 cal each) \$19.19
- campus harvest orange mesquite bars (310-370 cal each) \$20.29
- rosie's vegan zucchini bread (165-350 cal each) \$23.29
- rosie's banana nut loaf (165-380 cal each) \$23.29
- laura's granola oatmeal chocolate chip cookies (170-230 cal each) \$20.59
- gluten friendly everything bar (330 cal each) \$20.59

## Rosie's Bakery



**Location: Memorial Union, ASU Tempe Campus**  
**Distance: 0 miles from ASU**

Nobody knows pastries better than Rosie and her dedicated team who arrive every morning at the crack of dawn to bake all those goodies we enjoy in the dining halls. Rosie Garcia has been baking professionally for the past 38 years and has been the head pastry chef at Arizona State University for the past 23 years!





## CONTACT US TODAY

[www.asucatering.com](http://www.asucatering.com)

### Downtown Phoenix Campus

602.496.6707

[asucateringdowntown@gmail.com](mailto:asucateringdowntown@gmail.com)

### Polytechnic Campus

480.727.3874

[asucateringpolytechnic@gmail.com](mailto:asucateringpolytechnic@gmail.com)

### Tempe Campus

480.965.6508

[asucatering@gmail.com](mailto:asucatering@gmail.com)

### West Campus

602.543.3662

[asucateringwest@gmail.com](mailto:asucateringwest@gmail.com)

